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Charles, Camilla coming to town

ROYAL VISIT It's time to put on the dog — Prince Charles and his wife, Camilla, are visiting Ottawa next month.

The Prince of Wales and the Duchess of Cornwall will be coming to town as part of a 12-city, 11-day tour beginning on Nov. 2.



Prince Charles

will be the 15th time

Charles has visited Canada, but this is the first visit with Camilla. Charles' last visit to Canada was in April 2001.

Along with Ottawa, the Royal couple will visit Gatineau, Newfoundland and Labrador, Montreal, Toronto, Hamilton, Niagara-on-the-Lake and Petawawa before flying out to British Columbia.

TIM WIECLAWSKI/
METRO OTTAWA



The Ottawa 67's Six-O Power Dancers cheered on the finishers at yesterday's Run for the Cure at LeBreton Flats Park. More than 8,500 participants ran or walked the five-kilometre and one-kilometre courses, raising \$1.5 million.

The battle goes on

Run for the Cure raises \$1.5M to fight breast cancer

TRACEY TONG
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Shortly after Cheryl Kardish-Levitan was diagnosed with breast cancer in 2000, the Ottawa resident participated in her first Run for the Cure, while still undergoing radiation.

Then based out of Lansdowne Park, the event was smaller, attracting only 1,000 participants. But it left an impression on her. "After that, I decided I would devote as much time as I could to raise money for breast cancer," she said.

Now a nine-year survivor, Kardish-Levitan is still one of the event's top fundraisers, bringing in \$24,000 with her team in the event's 16th year.

Despite the big changes she has seen in the rapidly

"It's important that we do all that we can to fund research, education and prevention."

Krystyna Rybczynska

growing national event, the biggest changes are still the ones she's seen in herself. "Life's better now," she said. "I value everything much more and I don't sweat the small things."

While 8,500 people raised \$1.5 million at yesterday's event at LeBreton Flats Park, "it's seeing all the survivors come back year after year that makes it all worthwhile," said Ottawa-Gatineau's run director, Kelly Fry. "You know that you've made a difference."

"They really take this event to heart," said Fry. "Maybe it's because one in nine women are diagnosed,

or because they know someone who was touched by it, whether it's a mother, sister, aunt, friend or coworker."

Donning superhero capes, Ottawa's Heather Thomson and her friends said raising money for the cause is "very powerful and very emotional."

"It's inspiring to be here with everyone," she said.

For Krystyna Rybczynska and Julia Spencer, the event was not only a mother-daughter activity, but a chance to raise funds for a cause that's affected them personally.

They walked for a friend

and Rybczynska's mother and Spencer's grandmother, who was diagnosed with cancer in the spring and is on her way to a full recovery.

"The statistics are disturbingly high," said Rybczynska. "It's important that we do all that we can to fund research, education and prevention."

While breast cancer is predominantly a women's disease, male supporters also came out.

"Everyone has been touched in some way, shape or form," said Bytown Blues Rugby Club's Greg McKay, whose grandmother and mother both beat breast cancer.

"A lot of people think it's for women, but men come out as well," observed Stittsville resident Shannon Brewster. "Cancer affects everyone."

Byelections offer parties a warmup

VOTE There may be no general election this fall but federal parties will still get to test drive their campaign machines in four byelections next month.

Prime Minister Stephen Harper announced yesterday that byelections will be held Nov. 9 to fill four vacant ridings — two in Quebec, one in Nova Scotia and one in British Columbia.

Conservatives are trying to lower expectations, predicting they're unlikely to win any of the four.

In fact, the results of the 2008 general election suggest the Tories are in contention in at least two of the four ridings.

And the results will likely be seen as a harbinger of Harper's ability to win a majority, whenever the next general election is eventually held.

New Democrats predict the two non-Quebec byelections will be contests between them and the Tories.

The two Quebec ridings are strongholds of the Bloc Québécois and are likely to remain so.

The Liberals were not really factors in any of the four ridings in 2008 and are unlikely to make much headway now.

Still, Liberal Leader Michael Ignatieff will be under pressure to put in a better showing than the party managed under his unpopular predecessor, Stéphane Dion.

THE CANADIAN PRESS

News on the Move

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Entertainment pg 15

Can female fans forgive Dave?



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Local



Help keep Ottawa clean

The fourth annual Fall Cleaning the Capital Campaign is well underway, but there's still time to get involved. Residents are encouraged to pick a street, park or greenspace and register their litter-cleanup or graffiti-removal projects at ottawa.ca/clean to be eligible to win prizes including hotel getaways, tickets to local sporting events and gift certificates. The cleanup campaign runs through Oct. 15.

METRO OTTAWA



News in brief

CLOSURES Starting this morning, the Mackenzie King Bridge will be closed to private vehicle traffic until mid to late November for roadway repairs and bridge maintenance. OC Transpo buses will continue to use the bridge. Detours for non-transit vehicles, including bicycles, will be in place between Nicholas and Elgin streets. Sidewalks will still be open to pedestrians. Cyclists could still use the sidewalks but would be required to dismount and walk, or use an alternate route.

HOME To mark World Habitat Day, the third annual Meaning of Home writing contest opens to Grade 4, 5, and 6 students in Ottawa and across the country today. Now through Nov. 13, students can write a short essay or poem about what home means to them. Readers can vote for their favourite entry online at meaningofhome.com starting Dec. 14.

LEAVES Now through Oct. 18, Fall Rhapsody is on at Gatineau Park. The Follies of the Fall Forest is being held Oct. 10, 11, 12, 17 and 18 in French at 10:30 a.m. and English at 1:30 p.m. at the Gatineau Park Visitor Centre, where a nature interpreter will demonstrate how to recognize some of the 50 species of trees found in Gatineau Park during guided tours.

METRO OTTAWA

metronews.ca

WHAT'S ONLINE TODAY

Video Stephen Harper does his best Ringo Starr for a black-tie gala in Ottawa at metronews.ca/canada

Lotteries

Friday, Oct. 2
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Lotto 6/49: 14, 19, 27, 32, 45 & 49 Bonus 34
Sunday, Oct. 4
Ontario Pick 3: 9 3 2; Ontario Pick 4: 4 4 6 2
Encore: 2655702
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These results are not official.

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Prior to the Sisters in Spirit Vigil on Parliament Hill yesterday evening, founder Bridget Tolley holds up the carved mask of Grandmother Moon, the logo for Sisters in Spirit, and a photograph of her mother, Gladys Tolley, who died after being struck by a Sûreté du Québec cruiser on Oct. 6, 2001.

Standing in solidarity

Vigil honours slain, missing aboriginal women

TRACEY TONG
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In 2001, Gladys Tolley was killed after being struck by a Quebec police cruiser. Her daughter, Bridget, founded the Sisters in Spirit in her honour.

Four years after the first event — held in 11 cities — Sisters in Spirit is held in 72 communities across Canada and in Nicaragua.

Families, friends and supporters honoured the lives of missing and slain aboriginal women and girls during the fourth annual event at Parliament Hill last night. But while statistics say 520 aboriginal women and children have gone missing or been murdered over the last 30 years, the number doesn't say it all, said the president of the Native

Women's Association of Canada.

"This is what we've been able to document, but there are more murdered and missing women out there," said Jeanette Corbiere Lavall.

That number, she said, is probably in the thousands. "This is staggering, based on the fact that aboriginal women make up less than two per cent of the population. Aboriginal women, in our roles in the community, must be recognized and respected. No longer do we tolerate the abuse and the neglect of our sisters."

In addition to remembering those who have gone missing or have been killed, the vigils bring the plight of these women and their families into the public eye and into the forefront for decision makers.

"The justice system in Canada has failed us," said Kathleen McHugh, chair of the Association of First Nations Women's Council. "Actions like this are what's needed to bring attention to the national and international level."

David Kelleher, president of the Canada Board of Amnesty International, said, "I hope this vigil will take the next big step in taking the issue front and centre on a lot of people's agendas."

WITH FILES FROM TIM WIECLAWSKI

m.metronews.ca



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Cycling plan to face first hurdle

COMMITTEE Implementing the city's cycling plan will be a test of will for city councillors with the first challenge coming this week, according to cycling advocates.

A motion coming to the city's transportation committee on Wednesday is asking city staff to report on the resources needed to implement the \$26.6-million plan.

Any new resources for the plan would add pressure to an already-tight 2010 budget, but Dianne

Cox, co-founder of Cycling Vision Ottawa, argues that money would be well spent. It'll take long-term thinking, but Cox said investments in bicycling infrastructure will reap tremendous benefits over time.

"They pay off in terms of reduced car crashes ... wear and tear on the roads and pollution," she said.

A bureaucratic reorganization at city hall earlier this year left only one person working on the city's cycling plan.

There are around 258

kilometres of dedicated bike paths and 119 on-road bike lanes in the city. Most of the pathway is on National Capital Commission property, which Cox said gives Ottawa a marvelous head start, but the city hasn't followed the lead.

"There are cycling routes marked across the city. For instance, Albert and Slater are both bicycle routes but it is very difficult to cycle on those streets and feel comfortable, so people don't," said Cox.

TIM WIECLAWSKI/METRO OTTAWA

Section of ByWard Market may become pedestrian-only

MOTION A section of the ByWard Market may soon be deemed a pedestrian-only area.

On Wednesday, the city's transportation committee will consider a motion to make William Street off-limits to vehicles.

The proposal also includes changing the direction of traffic on William Street from north to south to south to north.

According to the city staff report, the new configuration would ease the vehicle congestion and gridlock at York Street intersections at William and ByWard Market streets.

The report stated that fewer vehicles would encourage more pedestrians and cyclists to walk or ride to the market, which would further relieve stress on parking demand.

A large public space would be created at the corner of York and William streets, which would serve as a gathering place while improving pedestrian circulation and air quality by reducing vehicle congestion, idling and air pollutants.

The estimated cost of the project is \$275,000, \$45,000 of which will come from the Municipal Parking Reserve.

TRACEY TONG/METRO OTTAWA

Death Body discovered



The body of a man was discovered near a monument to Korean War Veterans downtown around 9:20 a.m. yesterday. The man is believed to have been homeless. Ottawa police are investigating the circumstances surrounding the death, but Sgt. Josh Puffer said there is no evidence to suggest the death was suspicious.

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There are thought to be only 2,000 Chantecler chickens alive, with the majority of them in Quebec. Three organizations representing Quebec's egg and poultry producers recently signed an agreement to allow limited commercial production of the Chantecler. **THE CANADIAN PRESS**

Canada



Out of this world milestone marked

Canada is marking a space travel milestone today: it will be a quarter-century since the country's first astronaut blasted into space. Marc Garneau hitched a ride aboard the now-famous Space Shuttle Challenger on Oct. 5, 1984, beginning an eight-day mission. Garneau, now a Liberal MP from Montreal, says he's surprised with how far space travel has come. The anniversary coincides with another first — Guy Laliberte, a Canadian circus billionaire who is preparing to stage a concert from space next week, is Canada's first space tourist. **THE CANADIAN PRESS**

News in brief

DEATH The pilot killed Saturday when his homemade plane spiralled down into a Prince Edward Island farmer's field has been identified as 70-year-old Thomas Capstick, a longtime aviator.

WATCHDOG The Harper government will not re-appoint the chairman of an embattled military watchdog agency. Peter Tinsley has been told his leadership with the military complaints commission will be allowed to expire and it will likely end before a probe of Afghan prison torture is completed.

THE CANADIAN PRESS

BILLS A Liberal senator and a NDP MP are seeking all-party support for new legislation that could restart Canada's ambitious promise to deliver cheaply priced drugs to countries fighting epidemics.

TORSTAR NEWS SERVICE

Montreal Dogs at communion



Alexa Nadeau receives communion with her dog Christy, at Christ's Anglican Church, yesterday in Montreal. The church is running a project that allows worshippers to bring their dogs.

Church's note talks on pain

Clergy's address calls for unity as ex-bishop faces child porn charges

PAUL MCLEOD
Metro Canada



Catholics across Nova Scotia were given a very personal, very anguished message when they went to church yesterday from the Archbishop of Halifax.

All eyes have been on the church since former bishop Raymond Lahey of the diocese of Antigonish was arrested and charged in Ottawa last week with possessing child pornography.

Archbishop Anthony Mancini of Halifax, who has been appointed the apostolic administrator of the Antigonish diocese, discussed the scandal in a letter to be read in every Catholic church in the province yesterday. At Saint Mary's Basilica in Halifax he read the letter himself, which openly deals with him questioning his faith.

"Enough is enough! How much more can all of us take?" he read.

"Like you, my heart is

broken, my mind is confused, my body hurts and I have moved in and out of a variety of feelings, especially shame and frustration, fear and disappointment, along with a sense of vulnerability and a tremendous poverty of spirit."

He questioned why God let it happen, what it could mean, and whether this is "a time of purification or is it nothing more than devastation."

He ultimately urged Catholics to come together.

Outside after the service, a few parishioners said they were not reassured and said Lahey's alleged crimes are unforgivable.



Anthony Mancini

m.metronews.ca



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Tories need exit strategy: Ex-PM

POLITICS The Harper government has created a structural deficit and now needs to outline a clear exit strategy, says former prime minister and deficit-slayer Paul Martin.

Martin, speaking to reporters after a speech to a global economic conference in Waterloo, Ont., yesterday, said his government left behind a \$13-billion surplus and the Conservatives whittled that

Deficit update

• Finance Minister Jim Flaherty recently updated his estimates for the deficit for this year, raising the number by more than \$5 billion, to a projected \$55.9 billion from \$50.2 billion.

down to nothing before the recession even hit.

"That surplus was wiped

out and more before a penny was spent on stimulus spending," Martin said.

If the surplus had been left untouched, there would have been enough money in Ottawa's coffers to cover billions of dollars of stimulus spending without going into deficit, he added. Much of the deficit reflects higher government stimulus spending to fight the recession.

THE CANADIAN PRESS

Shell vows better oilsands security

PROTEST Shell Canada vowed to ramp up security to keep protesters out of its properties after Greenpeace activists scaled smokestacks and a construction crane to unfurl banners at an oilsands upgrader expansion project northeast of Edmonton. After spending 24 hours roped high up on the structures near Fort Saskatchewan, Alta., the Greenpeace activists were arrested just after 5 a.m. yesterday. **THE CANADIAN PRESS**

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A wind-fanned wildfire that charred some 14.2 square kilometres of California's San Gabriel Mountains continued to rage yesterday as firefighters worked to prevent flames from advancing toward a mountain resort community. In Arizona, some residents of the town of Williams remained away from their homes as fires burned 1,000 acres. **THE ASSOCIATED PRESS**

California and Arizona wildfires scorch 4,500 acres

World



Judge on trial for sexual improprieties

A former Alabama judge goes on trial today on charges of having sex with male inmates in exchange for leniency. Herman Thomas resigned his circuit judgeship in 2007 after being accused of having defendants pull down their underwear for paddlings in his private courthouse office. A Mobile County grand jury indicted him in the spring on charges accusing him of having sex with inmates brought to a private courthouse office.

THE ASSOCIATED PRESS

Deadly day for U.S. in Afghanistan

Hundreds of insurgents armed with automatic rifles and rocket-propelled grenades stormed a pair of remote outposts near the Pakistan border, killing eight U.S. soldiers and capturing more than 20 Afghan security troops in the deadliest assault against U.S. forces in more than a year, American military officials said yesterday.

The fierce gunbattle, which erupted at dawn Saturday in the Kamdesh district of mountainous Nuristan province and raged throughout the day, is likely to fuel the debate in Washington over the direction of the troubled eight-year war.

It was the heaviest U.S. loss of life in a single battle since

Statement

• Afghanistan is not in imminent danger of falling to the Taliban, U.S. President Barack Obama's national security adviser said yesterday. Retired Gen. James Jones' comments came hours after the attacks that killed eight Americans.

July 2008, when nine American soldiers were killed in a raid. Gen. Stanley McChrystal, the top U.S. and NATO commander in Afghanistan, plans to shift U.S. troops away from remote outposts that are difficult to defend and move them into more heavily populated areas as part of his new strategy to fo-

cus on protecting Afghan civilians. The Taliban claimed responsibility for the attack. Canadian NATO spokesman Brig. Gen. Eric Tremblay said the assailants included a mix of "tribal militias," Taliban and fighters loyal to Sirajuddin Haqqani, an al-Qaida-linked militant based in sanctuaries in the tribal areas of Pakistan near the Afghan border.

THE ASSOCIATED PRESS

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News in brief

ELECTION Greece's Socialists trounced the governing conservatives in a landslide election yesterday, with voters angered by scandals and a faltering economy ousting Prime Minister Costas Karamanlis halfway through his second term. George Papandreou, 57, now follows in the footsteps of his father, Andreas Papandreou — who founded his Panhellenic Socialist Movement party, or PASOK — and grandfather and namesake George Papandreou, both of whom served several terms as prime ministers.

IRAN The visiting head of the UN nuclear watchdog set Oct. 25 as the date for his inspectors to check Iran's newly revealed uranium enrichment site and struck an upbeat note yesterday, saying Tehran's confrontation with the West is shifting gears to more co-operation and transparency. **THE ASSOCIATED PRESS**

Devastation in Indonesia

EARTHQUAKE Search teams lost hope of finding any more survivors under the rubble left by a massive earthquake last week, as torrential rains held up aid delivery in the remote hills of western Indonesia where several villages were wiped out.

Rescue teams instead focused yesterday on retrieving the rotting bodies from the rubble of the magnitude 7.6 earthquake in Sumatra island, setting up tents for the tens of thousands of homeless and providing them food and drinking water.

Vice-President Jusuf Kalla said there was little hope of finding anyone alive.

"We can be sure that they are dead. So now we are waiting for burials," he told reporters.

There is no clear word

"We can be sure that they are dead. So now we are waiting for burials."

Indonesian Vice-President Jusuf Kalla on hope of finding more survivors

on the death toll. The United Nations put the figure at 1,100.

The government earlier said 715 were dead and 3,000 were missing. But it revised the figure yesterday to 603 confirmed killed and 960 missing, presumably dead.

"With each passing day, the magnitude of the devastation grows," said Mark Fritzer, Save the Children aid group's Indonesia head. **THE ASSOCIATED PRESS**



Residents travel by boat amidst flooding south of Manila, the Philippines.

Philippines hit by deadly storm again

TYPHOON Typhoon Parma caused widespread flooding and landslides that buried at least two families in the Philippines, then hung threateningly off the coast Sunday drenching the country's north as well as Taiwan.

At least 16 people died when Parma hit the main island of Luzon on Saturday, though the capital, Manila — still awash in floodwaters from a storm barely a week earlier — was spared a new disaster.

In Benguet province, a family of five, including a one-year-old boy, died when their home was buried in a landslide, local police Sen-

ior Superintendent Loreto Espineli told The Associated Press. Seven people, including another family of five, were buried in a nearby village, he said. Four also died in other provinces, most of them drowning after being swept away by floodwaters, officials said.

Tens of thousands of Filipinos fled to higher ground before Parma hit, packing winds of 175 kilometres per hour and driving rain. Towns in a dozen provinces were battered, landslides cut bridges and downpours swelled rivers, officials said.

Last night, the storm was close enough to Taiwan to

175 Winds, in kilometres per hour, clocked in the Philippines from Typhoon Parma.

cause heavy rain on the island, where troops were evacuating some villages and loading sandbags in preparation for possible flooding.

Parma came during a week of destruction in the Asia-Pacific region that included Ketsana, an earthquake in Indonesia and a tsunami in the Samoan islands. **THE ASSOCIATED PRESS**

Senior al-Qaida leader releases video of eulogy

AL-QAIDA Al-Qaida's deputy leader in a video released yesterday paid tribute to a senior militant who was held in U.S. secret prisons and once gave information about links between the terror group and Iraq that was later deemed false.

In his 10-minute video, Ayman al-Zawahiri eulogized Ali Mohammed Abdel-Aziz al-Fakheri, a Libyan militant with the nom de guerre of Ibn al-Shaykh al-Libi. The militant reportedly hanged himself with bed-sheets in his prison cell in

Libya in May, according to a newspaper with ties to Libyan leader Moammar Gadhafi's son.

Al-Libi, which means the Libyan in Arabic, was captured in Pakistan in 2001 and later sent to Egypt under the CIA's extraordinary rendition program, where he was reportedly tortured and then handed over to Libya.

In the video, Al-Zawahiri, dressed in a white traditional Arab robe and white turban, accused President Barack Obama of killing al-

Libi and demanded the U.S. "apologize and pay financial and moral compensation" for those who have been detained in secret prisons. "This is the least to be accepted from you and from your government," al-Zawahiri said, addressing Obama.

Al-Qaida's No. 2 leader said the U.S. and Arab governments working with Washington tortured al-Libi before eventually handing him over to Libya "to carry on the torture."

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News in brief

RESIGNATION Denmark's military chief of staff said yesterday he will resign to restore the public's confidence in the country's defence, an apparent reference to a scandal surrounding a book disclosing Danish military secrets. Tim Sloth Joergensen had come under fire after it was disclosed that defence IT chief Jesper Britze was behind an Arabic translation of the controversial book *Ranger* — At War

With The Elite that was sent to Danish media. The book was written by former special forces soldier Thomas Rathack and describes a Danish elite army's missions in Iraq and Afghanistan. Among other things, Defence Minister Soeren Gade said the Arabic translation could give Taliban tips about how to target Danish soldiers in Afghanistan.

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Comment

At least you're not the bird

HineSight

Anne Hines

metronews.ca/hinesight



Thankfulness has more to do with who you are than where you are. For instance, today is Monday. For all of us. It's October, meaning that in most parts of this country the weather can be loosely described as "complete crapolla." In spite of this, some of us are thinking, "A new week! Who knows what magical things may happen? And look, a free newspaper. Could life be any better?" Whereas others are thinking, "Yes, it damn well could."

It is simply the case that some people find it harder to be thankful than others. Normally, we call these

people "pessimists" or "Toronto Maple Leaf fans." The first step to being thankful is to consider which type of person you are. Ask yourself this question:

"If my life were a movie, what kind of movie would it be?"

Those who see their lives as a Sandra Bullock romantic comedy believe that, though there will be a kooky mix-up and all will seem lost two thirds of the way through, ultimately life will end happily and

your hair will look great. These people find it easy to be thankful.

If you picture your life as a Bruce Willis action movie, then you may see the world as a place where good always triumphs over evil and poor acting and questionable plot-lines will always be graciously overlooked by others so long as you make enough things blow up.

You also are a thankful person. A little scary and delusional perhaps, but thankful.

If you see your life as one of those arty foreign films in which everyone sits around intoning, "We must go to Moscow," and the entire thing is shot from the perspective of a three week old loaf of pumpernickel bread, it may be harder for you to see life as something to be thankful for. In fact, you should forget about thankful and just seek help. Now.

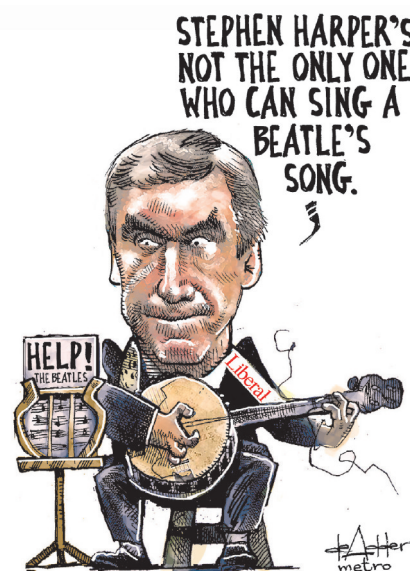
So, can those of us who are gratitude-ily challenged still enjoy Turkey Day? Absolutely. Simply change your outlook by repeating one of these mantras:

"Sure things are bad, but I'm way better off than that turkey."

"My relatives are charming and cranberry jelly mold is my favorite dish."

"I don't have to do this again until Christmas. Happy Thanksgiving!"

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



MICHAEL DE ADRI

Worth Mentioning

Sex workers challenging prostitution law in court

LAW If she could do it herself, Terri-Jean Bedford would strike down Canada's prostitution laws, perhaps using the riding crop she plans to bring to court.

Instead, the Toronto dominatrix and two other sex workers have launched a sweeping constitutional challenge to the legislation, arguing it perpetuates violence against women.

The landmark case gets underway tomorrow in a courtroom where Bedford, in a nod to traditionalism, is promising to arrive con-

servatively attired, even if she is packing a tool of her trade.

"You never know when you might run across a naughty boy, or a naughty judge," she teased in an interview.

The 49-year-old Toronto grandmother, along with prostitutes Valerie Scott, 51, and Amy Lebovitch, 30, is asking Ontario's Superior Court of Justice to invalidate Criminal Code provisions that serve as Canada's policy response to the world's oldest profession.

TORSTAR NEWS SERVICE

Views

Lost and found, the gracious and greedy

InTransit

Steve Collins

metronews.ca/intransit

I wasn't confident there was much we could do for Brian Bertrand, whose nephew, Al Lapensee, faxed Metro for help last week.

Wednesday before last, Bertrand, who is visiting from Vancouver, took the bus in from the airport, and hopped off somewhere between Billings Bridge and Hurdman.

After he got on the next bus, he realized he'd forgotten his camera bag. His cameras could have been replaced, but they contained a summer's worth

of irreplaceable pictures of Bertrand's grandchildren and other family.

He's hardly alone. Every year, we lose something like 30,000 items on OC Transpo. They end up in the office of Maureen Moloughney, executive director of Heartwood House.

Since 2001, the local charity group has run OC Transpo's lost and found service. The program is staffed by volunteers, many of whom are in programs for the developmentally disabled, literacy or ESL.

And they work hard to process 200 lost items a day, including four to eight wallets, an average of eight cellphones, and countless umbrellas, hats and gloves.

Perhaps 35 per cent of these items are returned to their owners, although

your odds are boosted by the Happy Returns program — which for \$10 gets you a unique ID number and some wallet cards and identification stickers for your valuables, advising anyone who finds them to turn them in to Transpo. (Of course, this is more likely the sort of precaution you wish you had taken after your stuff has already gone missing.)

Twice a year, Heartwood House holds a sale of all the unclaimed items, offering up big bargains on electronics, jewellery, clothing and more.

The next is Oct. 31, from 12 to 2 p.m., at 153 Chapel St.

The proceeds, usually \$3,000-\$3,500, go towards Heartwood House's operating costs.

"When you receive 30,000 items a year I think

what it really speaks to is how many kind people there are in this city," Moloughney told me. "When you realize that you lost your iPod that you just purchased for several hundred dollars, and someone's just turned it in for you so you can get it back."

Sadly, this altruism is not part of Brian Bertrand's story. His cameras never turned up at OC Transpo's lost and found, but he placed an online ad, and the person who found them got in touch.

The Mediocre Samaritan has emailed an offer to return the memory cards containing the treasured pictures, but intends to keep the cameras. Pure class.

Steve Collins lives, writes and walks in Ottawa; ottawalatters@metronews.ca

Their argument

- They argue that prohibitions on keeping a common bawdy house, communicating for the purposes of prostitution and living on the avails of the trade force them from the safety of their homes to the insecurity of the street, where they are exposed to physical and psychological violence.

We Know What You're Thinking

23%

The number of Canadians who say the public schools in their community have become safer over the past five years.



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Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

If you have a wood-burning fireplace or stove, make sure the damper fits tightly and keep it closed when there's nothing burning. Otherwise, huge amounts of heat will pour up the chimney. **TORSTAR NEWS SERVICE**

Going Green

Chuck those baby wipes

Most baby wipes contain propylene glycol, a derivative of natural gas and hormone-disrupting parabens, according to Gillian Deacon's Green For Life. Instead, try wiping your baby with small washcloths and warm water.

TORSTAR NEWS SERVICE

Bundle up: It's time to save on heat

EarthTones

Sophia Dore & Andrew Laursen



metronews.ca/earthtones

The leaves are turning, the Leafs are losing, turkeys are on sale at the grocery and there is a nip in the air. These are all sure signs that fall is here. This means that it is, or will be soon, time to turn on the heat. This seems like a good time to examine what we can do to reduce the amount of heat-related energy we use this winter.

The first thing is to make sure your furnace is in good working order. Having a dirty filter slows the passage of air through the furnace so a furnace with a

clean filter operates more efficiently than one with a dirty filter. Also, like a car, keeping all the moving parts in a furnace clean, lubed and "tuned up" also adds to the efficiency and subtracts from your energy bill.

For us a key tool for energy conservation is a programmable thermostat. These ingenious little devices mean that you no longer have to remember to turn the heat down before you go to bed or go out for the day. Plus, and this is huge, it means that you can wake up to or come home to a warm house. If you have a regular routine (get up, go to work, etc.) simply program the thermostat to have your house warm for you when you get up, cool it down again when you go to work and then have it warm again when you come home. Many models can be set with a different program for week

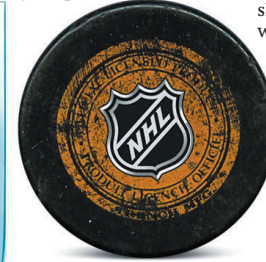
"If you have older windows and don't see yourself springing for new well-sealed ones this year consider sealing them with plastic. You can buy these window sealing kits in hardware stores."

days from weekends since requirements may be different for those days. Some can

have manual overrides for when you step outside your routine. When used properly pro-



even be set for different programs for each day of the week, if your life and schedule are that complicated. All thermostats also



grammable thermostats can significantly reduce energy use and heating bills. Plus they are not that hard to install or program.

Thermostats should also be set as low as possible (within the limits of comfort). Not higher than 21 de-

grees Celsius is suggested for the daytime (when you are home) and 2-3 degrees lower at night. Obviously the health and age of the occupants of a home will play into that decision, but we should try to go as low as we can.

Another energy saving device is the ceiling fan. As we know, hot air rises therefore the heat we pump into our rooms can end up near the ceiling while we shiver in the cooler air below. A ceiling fan can move this hot air around and redistribute it into the room.

Lower tech energy saving tips include blocking drafts. If you have older windows and don't see yourself springing for new well-sealed ones this year consider sealing them with plastic. You can buy these window

sealing kits in hardware stores. It doesn't look great at first but in a couple of days you won't even notice it and you will be warmer.

Blinds and thick curtains are also good for sealing in heat, especially at night. Don't heat unused space: close doors to and vents in rooms that are not used or curtain off unused areas.

Saving energy used for heating lets us actively participate in conservation and also save money. So dig out the sweaters and bundle up, and have a warm, safe, and less costly winter.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.

Carbon footprint of Olympic torch relay

FLAME The fuel feeding the 2010 Vancouver Olympics flame won't be the only thing burning when the torch relay begins at the end of October, with its 45,000-kilometre journey by air, land and water into every corner of Canada generating its own share of carbon emissions.

Vancouver Olympic officials say they are updating their estimates of the torch

300,000 The 2010 Olympics are estimated to produce 300,000 tonnes of carbon emissions, from the direct staging of the Games in Vancouver and Whistler to indirect sources such as athlete and spectator travel.

relay's carbon footprint, but pointed to a report released in January 2008 by the David Suzuki Foundation. The report, using figures from 2007, put the figure at about 1,500 tonnes.

Vehicle travel represented about half of that esti-

mate. The report estimated that the flame itself — which will be fuelled by a blend of propane, iso-butane and hydrocarbons — will be responsible for about five tonnes of carbon emissions.

To put those numbers in

perspective, the David Suzuki Foundation says driving a mid-size car for a year produces about five tonnes of carbon dioxide.

The relay will make up just a small fraction of the total emissions associated with the Games — representing about half a per cent, said Deborah Carlson, one of the authors of the David Suzuki Foundation report.

THE CANADIAN PRESS

Route of the flame

- The torch will be lit in Olympia, Greece, on Oct. 22, and arrive in Victoria on Oct. 30 to begin the Canadian leg of the relay. For the next 106 days, it will travel by vehicle, plane, boat and train to visit every province and territory on a route that includes 1,000 communities and extends into the Far North.
- The Games are the first with an official carbon offset supplier, which VANOC will use to offset an estimated 110,000 tonnes of what it considers direct carbon emissions, including the torch relay. Sponsors, competing nations and people coming to watch the Games will be encouraged to buy offsets to cover the rest.



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Workers at Bridgestone-Firestone ratify new contract

The United Steelworkers union says its members at tiremaker Bridgestone Firestone North American Tire LLC have ratified new four-year contracts covering 4,500 workers. **THE CANADIAN PRESS**

9

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

G7 finance ministers warn of fragile recovery

Finance ministers from the Group of Seven rich countries warned the recovery remains "fragile" and tried to talk up the U.S. dollar amid fears it could fall farther and disrupt the global economy.

The officials said in their closing statement after meeting Saturday in Istanbul that decisive moves by governments had improved conditions for the world economy and financial markets.

But they warned against "complacency" since growth prospects remained "fragile" and unemployment continues to rise. Figures on Friday showed the U.S. economy shedding more jobs than expected in September, with unemployment at a 26-year high of 9.8 per cent.

They agreed it was too soon to withdraw the stimulus measures such as government deficit spending and rock-bottom interest rates that have helped restart growth.

U.S. Treasury Secretary Timothy Geithner said the United States will unwind



In this photo released by the IMF, G-7 finance ministers and their bank governors pose for a group photograph at the Istanbul Congress Center in Istanbul, Turkey Saturday.

the "extraordinary" policy measures it has taken only when conditions stabilize and growth strengthens.

"Planning for an eventual exit is the responsible and necessary thing to do, but we are not yet in the position where it would be prudent to withdraw fiscal and monetary policy support," Geithner said.

"Exit will not be like flipping a switch," he added.

The Federal Reserve has slashed its key interest rate to near zero per cent and pumped over a trillion dollars into the markets to sus-

tain liquidity and free up lending, while the Obama administration enacted a near \$800-billion package of spending increases and tax cuts to prop up the economy.

THE ASSOCIATED PRESS

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Stocks face difficulties in maintaining strong gains

Stock markets could be in for some tough sloggling in order to build on the sharp gains racked up practically without interruption since early March.

The main headwinds in the short term are softer economic data, higher expectations for third-quarter earnings and the possibility that the market is overbought and needs to back off somewhat.

"I'm very cautious," said John Johnston, chief strategist at The Harbour Group at RBC Dominion Securities.

"We've had this huge price gain, and the market

is probably due at some point for a correction."

The Toronto stock finished lower for a second week in a row last week, losing 2.26 per cent as investors were dismayed to see that the U.S. economy shed 263,000 jobs, many more than the 180,000 job losses that economists had expected.

"The surprises on the data are turning more negative," said Johnston.

"The market and analysts maybe got a bit ahead of themselves and now they're doing a bit of fine tuning, adjusting estimates a bit."

THE CANADIAN PRESS

Business in brief

THEME PARKS Private equity firm Blackstone Group is close to sealing a deal to buy Anheuser-Busch InBev's theme parks unit, including such notable parks as SeaWorld and Busch Gardens, according to a media report Friday. Citing unnamed sources, the Wall

Street Journal reported that the New York-based firm could buy the theme parks operated under the Busch Entertainment unit next week in a transaction worth between \$2.5 billion and \$3 billion.

THE ASSOCIATED PRESS

Mayors suspend resolution to retaliate against Buy American

WAIT AND SEE Canada's mayors are withdrawing their threat to boycott suppliers from the United States in retaliation of the Buy American laws.

The Federation of Canadian Municipalities says it won't enact a resolution passed in June because municipal leaders see progress in talks between the two countries.

In a statement Saturday, federation president Basil Stewart said the mayors want to give negotiators in the talks the time and space to reach a successful conclusion.

"We are encouraged by the talks now underway between Canadian and U.S. officials and want to give them the time and space to reach a successful outcome," he said.

"These talks can and should lead to a fair and mutually beneficial agreement."

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The Boss goes back to the ballpark

Yankees owner George Steinbrenner visited with his team for about an hour in the clubhouse before yesterday's regular-season finale against Tampa Bay. The 79-year old Steinbrenner said he is "excited" about the playoffs, which will start later this week for the AL East champions. **THE ASSOCIATED PRESS**



Chelsea's Florent Malouda, right, flies through the air after a challenge by Liverpool's Javier Mascherano during the English Premier League soccer match at Stamford Bridge, London, yesterday.

Chelsea sits at No. 1 after win

SOCCER Chelsea charged to the top of the Premier League with a 2-0 victory over Liverpool yesterday while Arsenal twice fell behind before crushing Blackburn 6-2.

After champion Manchester United had been held 2-2 at home by Sunderland on Saturday, Chelsea took full advantage by beating another title rival at Stamford Bridge with Nicolas Anelka and Florent Malouda scoring second half goals.

"It was important for us to beat Liverpool as they are a direct opponent for the title," said Chelsea striker Didier Drogba.

"It was a difficult game as always but a good one for us. You have to win at home and it is great to get the three points. We are really delighted."

The win gave Chelsea its seventh victory in eight games and made up for last weekend's surprise 3-1 loss at Wigan.

THE ASSOCIATED PRESS

MLS pro-American?**It's Called Football**

Ben Rycroft

metronews.ca/itscalledfootball

No matter how you slice it, MLS has always been a league designed to help Americans win.

Look no further than the rules against allowing Canadian university soccer players into the MLS draft.

As it stands now, no team can draft a CIS player through the MLS Super-Draft — the only eligible players compete in the NCAA.

It's not from lack of quality; it stems from the fact that MLS was created as an American domestic league with the express purpose of improving the U.S. men's national team. It's a league that, up until a few years ago, had very little stake in doing anything else.

But now, with one Cana-

dian team in and two more likely on the way for 2011, it's time the league took a look at amending that rule because, despite what the U.S. nationalists will tell you, it's in the league's best interest to do so.

For now, set aside the labour-law issues that would arise and look at the growth that MLS will experience over the next three years: 16 teams today; 18 teams by 2011; and likely 20 teams by 2012.

"MLS has always been a league designed to help Americans win."

On the 24-player rosters, an American team must carry at least 12 U.S.-born players. On the Canadian squads, it's 13 North American players, seven of which must be Canadian. That works out to 50 more domestic-player spots in the league by 2012. It may not seem like a lot, but 50 more first-team players — talented and willing to play at that salary — will not be easy to come by.

To prepare, the league has started loosening its rules on signing academy players. But, with the rapid growth and most team academies still in their infancy, it will not be enough to fill those slots.

It needs to find another source of domestic players.

Enter the CIS. Over the last decade no system of player development has grown as quickly as CIS soccer in Canada. Trinity Western, Montreal and York Universities spring to mind as the best examples. They churn out some of the highest-level talent in the country and if direct access to MLS were available, there's no doubt CIS players would be playing there today.

For what is now clearly a North American league, it's time for it to start exploring other options.

If it doesn't, the MLS talent pool, which has been described as shallow at the best of times, will all but run dry by 2012.

Watch Ben Rycroft on the It's Called Football show every Monday at metronews.ca; ben.rycroft@metronews.ca

Sports in brief

GOLF Tim Thelen shattered the Callaway Golf PGA Assistant Championship scoring record yesterday, shooting a 4-under 68 to finish at 23-under 265 — seven strokes ahead of second-place Sean Dougherty. Thelen, the 48-year-old PGA assistant professional at The Falls Golf & Country Club in New Ulm, Texas, opened with rounds of 66, 65 and 66 on the PGA Golf Club's Wanamaker Course. He broke the tournament record of 270 set by Kyle Flinton in 2003.

OLYMPICS The International Olympic Committee is setting up a new system to watch for corrupt betting practices linked to Olympic competitions and it will be in place for the 2010 Vancouver winter games. The monitoring program is part of broadening efforts in sports to tackle the menace of corrupt and irregular betting and match-fixing.

THE ASSOCIATED PRESS

NBA The NBA Board of Governors approved the further expansion of instant replay for the upcoming season. Referees will now be able to use replay at any point during the game to determine if a shot attempted or foul occurred prior to a 24-second shot clock violation.

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BlackBerry maker Research in Motion and the Natural Sciences and Engineering Research Council of Canada have made a \$5 million investment in a new Industrial Research Chair in Software Engineering of Ultra Large Scale Systems at Queen's University in Kingston, Ont. **METRO NEWS SERVICES**

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EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Time to rethink MBAs?

Canadian schools confident in their programs, despite market slump

RAFAEL BRUSILOV
for Metro Canada

While the recent market meltdown has seen many experts calling for a re-evaluation of MBA education, several top Canadian MBA schools insist that human greed, not management instruction, is to blame.

With so many highly educated, MBA-wielding corporate leaders now mired in shame and guilt for their role in causing the market collapse, some powerhouse U.S. schools like Harvard and Stanford have quietly been talking about re-examining their teaching practices.

Canadian schools however remain adamant in their own curricula, propped up by Canada's relatively soft landing in the recent plunge.

At the Rotman School of Management at the University of Toronto, a dedicated course in Ethics has been a mandatory curriculum requirement for MBA students for the past five

years and overall the school is not planning any major changes in curriculum.

Richard Powers, associate dean at Rotman, says that when it comes to training future leaders, schools like Rotman work hard to instill a sense of corporate responsibility upon students but ultimately can only lead a horse to water — they can't force it to drink.

"I don't think there's anything we can do that's going to stop some of these activities. If anyone's bent on fraud, they're going to find a way.

"What we can do is teach students ethical decision-making models to give them the tools to make the right decisions," Powers said.

Don Melville, director of MBA and Masters programs at

the Desautels Faculty of Management at McGill University in Montreal, also feels

MBA

something more than that," Melville said.

Melville also points out that many of the shamed leaders blamed for the current crisis graduated from their MBAs decades ago, long before the modern wave of tightened outlooks on ethics and sustainability.

Wendy Ma, assistant dean and director of the MBA programs at the Sauder School of Business at the University of British Columbia, says the school has always been focussed on corporate responsibility and recent events have just added more ammunition to instructors' teaching agenda.

He believes Desautels' MBA program, which includes small classes and a focus on reflective discussion, is designed to give students a strong sense of duty.

"I don't think (the market crash) was an MBA issue, I feel it was a human issue. Some students are going to be in it for the money — our goal here is to teach that there's

"If anyone's bent on fraud, they're going to find a way. What we can do is teach students ethical decision-making models to give them the tools to make the right decisions."

Richard Powers, associate dean at U of T's Rotman School of Management

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\$52M in PSE intellectual property income

In 2007, Canadian universities and affiliated hospitals reported over \$52 million as income from intellectual property, down 12 per cent from 2006, according to Statistics Canada data released yesterday. **METRO NEWS SERVICES**

Form over function for resumés

When it comes to crafting the perfect resumé, a "top-down" approach is still employers' favourite, a recent survey confirms.

The Accountemps survey and conducted by an independent research firm.

Senior executives were asked, "Do you prefer to receive a resumé written in a chronological format that is organized by dates of employment, or one in a functional format that is organized by skills?"

THEIR RESPONSES:

- Chronological, 75 per cent
- Functional, 17 per cent
- No preference, eight per cent

"Chronological resumés allow job seekers to present their career progression to prospective employers in a straightforward, easy-to-follow way," said Max Messmer, chairman of Accountemps. "Functional resumés, which emphasize skill sets rather than jobs held, are popular among professionals in career transition or who have had lengthy gaps in employment, but they are not a favourite of

"It is often better to address a career challenge directly than try to write around it."

Accountemps Chairman Max Messmer

employers. It is often better to address a career challenge directly than try to write around it."

Messmer added, "Whichever format a job hopeful chooses, information contained in the resumé needs to be clear and provide a compelling story about his or her work experience and abilities."

SOME ADVICE:

- Employment gaps: Of-

fer a brief explanation of employment gaps in your cover letter. In this economic environment, hiring managers understand people could be out of work

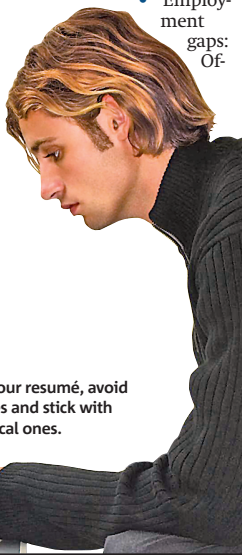
through no fault of their own.

• Limited work history: Bolster your work experience through internships, part-time work or temporary assignments obtained through a reputable staffing firm. Don't forget to include relevant volunteer activities in the work experience section of your resumé.

• Appearing overqualified: Provide a summary of pertinent skills and strengths at the top of your resumé, in addition to a chronological listing of your work experience. Emphasize and quantify how you've contributed to bottom-line success in previous jobs and how that experience would apply to a prospective employer's needs. **METRO NEWS SERVICES**

Career change?

- Highlight your accomplishments and skills that would best transfer to the new industry. Make sure to enlist the help of your network of friends, former colleagues and mentors who can recommend you for job openings in the field.



When working on your resumé, avoid functional resumés and stick with chronological ones.

What would you do?

INTERESTING Here's what your co-workers would tell you in an embarrassing situation, according to a CareerBuilder survey:

- Zipper is undone:
 - Same level co-worker 67 per cent;
 - Lower level co-worker 62 per cent;
 - Higher level co-worker 50 per cent.
- Something in your nose:

- Same level co-worker 51 per cent;
- Lower level co-worker 46 per cent;
- Higher level co-worker 33 per cent.
- Food on face or in teeth:
 - Same level co-worker 66 per cent;
 - Lower level co-worker 60 per cent;
 - Higher level co-worker 49 per cent.

METRO NEWS SERVICES



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Most of bird taxidermist Richard Davis's final pieces get mounted on a simple piece of driftwood. But some higher-end orders call for a glass box and scenery around it. These are his favourite projects, and he creates things like twigs and grass using fibreglass resin. **DIANE PETERS/FOR METRO CANADA**

Gain eternal life, only after death

OddJobs

Diane Peters

Metronews.ca/oddjobs

Some say we're all artists in our own way. But Richard Davis was an artist who sold cars and helped run a dealership for 20 years.

As a child and teen, he

The Lowdown

Job title: Bird taxidermist

Salary: \$325 and up per mounted bird

Education/training: Most are self-taught, it's offered as a university program in the U.S. only

Best Part of the Job: "Art for me is not work."

Worst Part of the Job: "I work alone. There's no water cooler sessions, it's you and a dead animal."

loved to paint and draw. His parents just recently painted over the mural he created on his old bedroom wall.

But Davis had always worked for his dad at his car dealership in Tillsonburg, Ont., so he began full time when he finished high school.

Davis was good at his job. He was a top salesman and, thanks partially to two university-level management programs he took in his 20s, helped the business weather some tough times.

Then, 17 years ago, he went to a taxidermist's shop to have a fish mounted. He began tinkering with the tools, and somehow knew instinctively what to do. So, he started learning the job.

Eventually, Davis's freelance work started paying enough for him to quit his job — luckily his house was paid off and his wife had a full-time job. To avoid competing with the taxidermist who had taught him, Davis just

worked with birds.

His basement workspace is very simple: It's unfinished except for fluorescent lights over his workbench. Davis used to keep live birds so he could observe them as he created. Now, he surrounds himself with bird books and tacked up pictures of winged creatures. "Your brain absorbs information without you realizing it."

Davis starts each project by making an incision along the belly of a dead bird — most clients are hunters but he'll also mount birds he finds dead in the woods



Stuffing and mounting birds, like this eagle, is Richard Davis's new passion as a taxidermist.



or along the road — and pulls the skin and feathers off in one piece.

Usually, the bird has been frozen soon after death and there's little smell.

He puts the pelt through two hand washes and then gives it a soak in naphtha fuel (which is used in lanterns) to remove the grease — otherwise the bird will be an eternal dust collector.

Davis rarely uses real bones and skulls in his fi-

nal work. Skulls in particular can shrink over time. So he's got his own collection of custom-make skeletons in plastic and foam core.

He chooses the right size and shape for the bird he's working on, builds it up, then puts the pelt on. Then it's just a matter of sewing it all together.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

Learning the jargon, after you have the skills

Skilled Trades

JON TATTRE
for Metro Canada

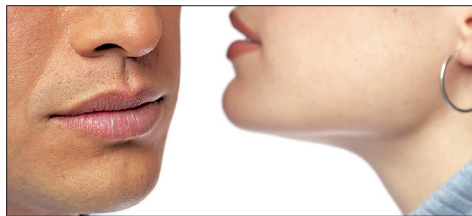
Immigrants working in Canada may have a solid grasp of ordinary English, but find themselves baffled by workplace jargon. A pilot college program in Ontario aims to bridge this gap.

The Occupation-specific Language Training (OSLT) is being tested in six occupa-

tional areas in 13 colleges. It's the first of its kind in Canada, according to Sara Katz, a consultant with Colleges Ontario.

"It aims to fill the gap for people at the intermediate level that need more than general language training and really want to concentrate on occupation-specific language," Katz says.

"In the health-care sector, it would be a lot around how a nurse would interact with clients, or patients. In the business sector, it would be about conducting yourself at meetings, how to make presentations, appro-



A new program aims to help people who don't have a firm grasp of the English language to function well in their chosen industry.

priate ways to leave voice mails and e-mail etiquette."

A trained nurse who doesn't know that "anuric" is a term for a patient who's not producing urine and might

need dialysis will struggle to find work. OSLT will give him the required jargon.

Jan Carter, manager of immigrant education at George Brown College, says

it's also about making visible the invisible language Ontario workers take for granted.

"It's social, cultural and linguistics training," she explains. "It's designed for people who already have the skills, but what they don't have is experience."

Someone whose only experience working in Canada was in an office might be taken aback by the saltier language of a construction site. Unprepared, they might take it as a far more serious issue than it is intended to be.

"The skills are very specif-

ic to the sector. For construction in particular, it's how to work with coworkers and clients, supervisors and really understanding the differences between directions, approvals and making requests," she says.

The courses are free to permanent residents and protected persons who are working in or want to re-enter an occupation related to the covered skilled trades.

For more of the Skilled Trades exclusive series check Workology frequently or stop by: metronews.ca/work

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Big screen Friends

Rumours continue to fly over news that the cast of Friends is finally ready to take Central Perk to the big screen. The U.K.'s Daily Mail reported over the weekend that the movie was definitely a go. POPEATER.COM

15

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA



Spare prince

Rupert Grint and Robert Pattinson have both been tipped to play Prince Harry in a movie about the British royal's life. Director Peter Kosminsky is set to begin casting for Biopic The Spare. FEMALEFIRST.CO.UK

Will female fans forgive?

David Letterman should probably care what women think about him — and not just his wife.

His back to back scandals this year — a crude joke about Sarah Palin's daughter and revelations through an alleged blackmail attempt by a CBS producer that Letterman had sexual relationships with Late Show staff members — are likely to hit his reputation hardest with women.

There are still many unknowns following Letterman's startling admission last week: How many women were involved? Did the relationships end well? Did women feel pressured by the boss' advances, or were they happily consensual? Did any other staffers feel the way to get ahead

was through Letterman's bed? Are women who did not have intimate relations with Letterman upset that those who did may have gotten special treatment or career advances? Is anyone talking to lawyers?

All could determine whether Letterman is significantly damaged or if it's just a footnote to his career.

Certainly, it can't help when the New York Post blares on its front page: Dirty Dave's Harem.

"It's very interesting.

Men and women

think very different-

ly about this story,"

NBC News anchor

Ann Curry said.

"The men I've

talked to think,

'How could a per-

son within your

own company kind of betray you like this?"

But the re-

action I'm

hearing

from

women

is com-

pletely on

the other

end.

They're saying, 'How could you have affairs, multiple affairs, with members of your own staff and how does that create a fair and equal working environment?'"

Many women who work in television, and probably most other industries, can recall feeling pressured to do something with a man she works for, said Curry's colleague, Kathie Lee Gifford.

"I'm not saying David did that, but the de-

tails are yet to be discovered," she said. "They might have been very willing partners who initiated it. We don't know, but the minute we hear stories like that we go, 'Uh-huh.'"

Letterman's prickly personality and sarcastic humor seem tailor-made for a young, male audience. But the facts tell a different story: His typical audience was 58 per cent female last season, with an average age of just under 55, according to the Nielsen Co.

In other words, he should care very much whether women are disgusted by his behavior and reject his comedy as a result.

THE ASSOCIATED PRESS

David Letterman has admitted to having sex with some of his co-workers.

THE ASSOCIATED PRESS

SNL pokes fun at Letterman

PEOPLE Add Saturday Night Live to the shows making sport of David Letterman's difficulties.

On SNL, Weekend Update anchor Seth Meyers dubbed the extortion attempt by a CBS News producer "a stupid human trick." Meyers added the would-be blackmailer was threatening to reveal embarrassing details of Letterman's personal life, then gave a joking example: "After sex, he would always say, 'Stay tuned for Craig Ferguson.'"

Still to be heard from: Jon Stewart on The Daily Show and Stephen Colbert on The Colbert Report.

Both shows do not air Fridays, but are back with fresh episodes tonight.

THE ASSOCIATED PRESS

Box office

Following are the top 10 films at the North American box office for the weekend beginning Oct. 2, according to studio estimates:

- Zombieland:** \$25 million US
- Cloudy with a Chance of Meatballs:** \$16.7 million
- Toy Story/Toy Story 2:** \$12.5 million
- The Invention of Lying:** \$7.4 million
- Surrogates:** \$7.3 million
- Capitalism: A Love Story:** \$4.9 million
- Whip It:** \$4.9 million
- Fame:** \$4.8 million
- The Informant!:** \$3.8 million
- Love Happens:** \$2.8 million

THE ASSOCIATED PRESS

Kenya's Style

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

10/5/09	Vu SC C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
265 353 2	TVO	Victorian Farm (N)	The Agenda With Steve Paikin	Midsomer Murders	Henry VIII: Mind of a Tyrant	Agenda-Paikin				
211 331 3	GTV	ET Canada	House "The Tyrant" (N)	Lie to Me (HDTV) (N)	Heroes "Acceptance" (N)	News Final				
- - 5	SRC	Virginie (SC)	Les Parent (N)	L'Auberge du chien noir (SC)	La Zone (SC)					
209 342 6	CHRO	Degrassi: TNG	TMZ (N)	Gossip Girl (HDTV) (N)	TwoHalf Men	Big Bang Th	(10:02) Castle (N)			
196 311 7	CTV	etalk	Hollywood	Dancing With the Stars (HDTV) (Live)	Just for Laughs (N)	Trauma "All's Fair" (N)	(10:02) CSI: Miami (N)			
208 303 8	CBC	Wheel-Fortune	Jeopardy! (N)	Battle-Blades	Little Mosque	CBC News: The National	The Jay Leno Show (N)			
- 360 9	NBC	Wheel-Fortune	Jeopardy! (N)	Heroes "Acceptance" (N)	Trauma "All's Fair" (N)	CBC News: The National	The Jay Leno Show (N)			
117 713 10	TVA	La Classe de Se (N) (SC)	Yamaska (HDTV) (N) (SC)	Lance et compte	Le Mentaliste (N) (SC)	TVA nouvelles	(10:45) Denis L'Esque			
- - 11	QFS	La Maison de Rire et délire	CSI: NY (SC)	Le Mentaliste (N) (SC)	Les Choses de la vie *** (1970, Drame)	Wipe Out	L'Attaque à 5			
137 763 12	TFO	Panorama	CIA, guerres secrètes	TwoHalf Men	Big Bang Th	CS: Miami "Bolt Action"	Villages			
- 362 13	CBS	The Insider (N)	Judge-Brown	How I Met	Accidentally	Omni News: Cantonese Edition	TwoHalf Men			
216 395 14	OMN2	Family Guy	The Office	Omni News: S. Asian Edition	Omni News: Cantonese Edition	TwoHalf Men	King			
214 344 15	CITY	Law & Order: SVU	How I Met	Accidentally	Trauma "All's Fair" (N)	The Jay Leno Show (N)	King of the Hill			
115 343 16	CFMT	TwoHalf Men	The Simpsons	Omni News: Italian Edition (N)	Vivere V	Omni News: The Simpsons	King of the Hill			
218 345 18	CHCH	Boys and Girls * (2000, Romance-Comedy), Claire Forlani	Dancing With the Stars (HDTV) (Live)	Le Triger Effect ** (1996, Suspense) Kyle MacLachlan	(10:02) Castle (N)					
- 361 20	ABC	Action News	Entertainment	Hour polit.	L'Heure politique	100 Huntley Street	Life Today			
512 396 24	CPAC	La Période de questions	Little House on the Prairie	House "The Tyrant" (N)	Lie to Me (HDTV) (N)	FOX 2 News (N)	News			
651 355 25	CTS	TMZ (N)	Seinfeld	House "The Tyrant" (N)	Lie to Me (HDTV) (N)	FOX 2 News (N)	News			
- 365 36	FOX	TMZ (N)	Seinfeld	House "The Tyrant" (N)	Lie to Me (HDTV) (N)	FOX 2 News (N)	News			
- - 64	PBS	Business Rpt.	Wings-Canada	House "The Tyrant" (N)	Lie to Me (HDTV) (N)	FOX 2 News (N)	News			
205 312 104	CTV	etalk	Hollywood	Dancing With the Stars (HDTV) (Live)	100 Huntley Street	Life Today	Revue			
502 390 26	NW	CBC News	Our World	CBC News: Tonight (N)	Larry King Live (N)	Anderson Cooper 360 (HDTV)	Hockey Central			
500 500 33	CNN	Lou Dobbs Tonight	Campbell Brown (N)	Boxing	Grands reportages (SC)	Le Téléjournal (SC)	RDI économie			
406 417 27	net	Best Damn Hoers Uncovered	Boxing	Grands reportages (SC)	Le Téléjournal (SC)	RDI économie	Le National			
126 730 38	TSN	24 Heures en 60 minutes	Grands reportages (SC)	Le Téléjournal (SC)	RDI économie	Le National	Le Téléjournal			
400 280 30	RDI	That's Hockey!	Monday Night Countdown	NFL Football Green Bay Packers at Minnesota Vikings. (HDTV) (Live)	(9:15) WWE Monday Night Raw	Survivor	Score Now			
410 403 52	SCR	RaceNight	Bounty Hunter	Bounty Hunter	Survivor	Score Now	Bounty Hunter			
411 457 56	OLN	Ghost Hunters	Reba	Reba	Reba	Reba	Reba			
417 406 59	CLB	Pimp My Ride	Pass Time	Total Drama	6TEEN	Futurama	King of the Hill			
554 544 48	TEL	Scoby-Doo	Total Drama	6TEEN	Futurama	King of the Hill	American Dad			
557 540 51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Ned's School			
551 542 65	YTV	Drake & Josh	To Be Indie	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like			
570 580 29	MTV	The Daily Fix	Ranked!	Intervention	Intervention	Intervention	Intervention			
615 520 31	A&E	Criminal Minds "P911"	UFC Unleashed	Jon & Kate	Jon & Kate	Jon & Kate	Jon & Kate			
628 584 32	SPKE	CSI: Crime Scene Investgtn.	King of the Crown	Secrets d'histoire	Shock to the System ** (2006, Mystery) Chad Allen	Caesar and Cleopatra (2009, Comedy)	Reba			
521 560 34	TLC	King of the Crown	Secrets d'histoire	Shock to the System ** (2006, Mystery) Chad Allen	Caesar and Cleopatra (2009, Comedy)	Reba	Reba			
145 761 35	TV5	Vie publique	Shock to the System ** (2006, Mystery) Chad Allen	Caesar and Cleopatra (2009, Comedy)	Reba	Reba	Reba			
616 521 39	BVO	The Outer Limits	Shock to the System ** (2006, Mystery) Chad Allen	Caesar and Cleopatra (2009, Comedy)	Reba	Reba	Reba			
294 523 40	SHO	Ahead of the Curve	Shock to the System ** (2006, Mystery) Chad Allen	Caesar and Cleopatra (2009, Comedy)	Reba	Reba	Reba			
520 505 42	DIS	Daily Planet	Shock to the System ** (2006, Mystery) Chad Allen	Caesar and Cleopatra (2009, Comedy)	Reba	Reba	Reba			
575 583 43	CMT	Funnies Home Videos	Shock to the System ** (2006, Mystery) Chad Allen	Caesar and Cleopatra (2009, Comedy)	Reba	Reba	Reba			
601 562 45	SLC	Rich Bride, Poor Bride	Shock to the System ** (2006, Mystery) Chad Allen	Caesar and Cleopatra (2009, Comedy)	Reba	Reba	Reba			
625 548 46	COM	Air Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park			
594 529 47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	House-Payne	House-Payne			
600 564 49	H&G	House Hunters	Property Virgin	For Rent	Income Prop.	House Poor (N)	My First Place			
627 528 50	SPC	Stargate Atlantis	(DVS)	Star Trek: Voyager	Disaster Date	Over the Bolts	ET Canada			
581 566 53	TRP	Cribs	After	Disaster Date	Over the Bolts	ET Canada	Cometback			
618 524 54	MTPV	Raymond	Raymond	The Outer Limits	Patton 360	Battles BC (N)	Science du sport (HDTV)			
522 506 55	HS	True Story of the Big Red One	Les Grands travaux	Green Grass	Summer Wine	McLeod's Daughters	Unscripted (N)			
129 773 60	CHD	Biographies "Hugh Jackman"	Friends	Friends	Grocery Bag	Love It or List It (N)	House-Sell			
261 394 61	V	Murder, She Wrote	Friends	Friends	Grocery Bag	Love It or List It (N)	House-Sell			
602 567 62	W	Old Christine	Friends	Friends	Grocery Bag	Love It or List It (N)	House-Sell			
269 530 70	TPN	Nukum	Makusham	Chefs américains	The Ellen DeGeneres Show (N)	The Dr. Oz Show (N)	At the Table			
621 527 71	AKT	Look-A-Like	TMZ	Chefs américains	The Ellen DeGeneres Show (N)	The Dr. Oz Show (N)	At the Table			
603 561 95	FN	Ricardo	David Rocco	Food Jammers	Food Jammers	Top Chef: Las Vegas (N)	At the Table			

critics'corner

Wired for Sex, Lies and Power

Sex sells. That's nothing new.

What is relatively new is the way sexuality is being sold to teenagers.

In this new documentary, filmmaker Lynn Glazier

talks with three groups of teens about the sexual messages that

they're getting from popular culture. What emerges is a world-

view in which the lines between "sexy" and "sexual harassment"

are blurred. 10 PM on 26 NW

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talks with three groups of teens about the sexual messages that



Amid much speculation, Christina Milian now confirms that she is going to have a baby. "My husband and I are expecting," she said. "We're about four and a half months along, about 19 weeks." **PEOPLE.COM**

Little miss shotgun

In Zombieland, Breslin trades cuteness for killer instinct

STEVE GOW
for Metro Canada

This may be difficult to digest but little Abigail Breslin may be Hollywood's newest action hero.

You can laugh but it's true. While the Oscar-nominated youngster behind Little Miss Sunshine is unlikely to become the next Chuck Norris, in her latest comic thriller, Breslin has taken up a shotgun to blast her way through Zombieland, which topped the weekend box office with \$25 million in gross takings. "I never thought I'd be in a zombie movie so it was kind of fun to do," said Breslin during a recent phone interview from New York.

"I don't know if I'm try-

"I never thought I'd be in a zombie movie so it was kind of fun to do."

Abigail Breslin

ing to branch out. I just do each movie because of the character and the story so I just really liked Little Rock (her character).

"She's a con-artist and she's really tough, smart and really brave and fun to play and it's a zombie movie — how can you not want to (do it)!"

Described by director Ruben Fleischer as "Midnight Run with zombies," Breslin's latest movie casts her and Emma Stone (Superbad) as clever sisters who coerce fellow rambling apocalypse survivors Woody Harrelson and Jesse Eisenberg (Adventureland) to sojourn to sunny California in order to seek refuge at an amusement park from a worldwide plague that has turned everyone into

the walking dead.

Although spending the opening weeks of production surrounded by carnival rides was thrilling, perhaps the only thing more surprising for Breslin was her adopted skill at shooting

She may now be wielding firearms and killing zombies in R-rated fashion with Woody Harrelson but don't expect Breslin to be any less an innocent kid. Perhaps best exemplified by her infamous on-set "curse jar", Breslin kept her adult co-stars in check by collecting money for charity each time someone

stepped out of line and cursed in her company. "I don't think I even counted up how much we made. I think everyone was trying to watch (their language)," laughed Breslin when asked about her well-behaved castmembers.

"Nobody stands out in my mind (as being a potty mouth)."

an attribute Stone has praised her 13-year-old co-star for.

"That was nice of her to say but the first time I was not very good," insisted Breslin. "Once you get used to it, it's not so hard but you still have to go through all of the gun safety stuff."



zombies —



Abigail Breslin battles the walking dead in Zombieland.

Polanski agreed to deal: Records

SETTLEMENT Court records show Roman Polanski agreed to pay his sexual assault victim \$500,000 to settle a lawsuit 15 years after he fled the United States. The film director's attorney reached the deal in 1993. Records do not indicate if Polanski paid. The last court filing shows the payment increased to \$604,000 in 1996 because of interest. Polanski's attorney in the case — David Finkle — declined to comment Friday.

THE ASSOCIATED PRESS

MetroGlobalPhotoChallenge



Photogatto Orange Harbour

Raising a glass to dad



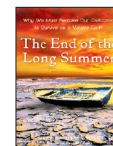
Corked

Authors: Kathryn Borel Jr.
Publisher: John Wiley & Sons Canada
Price: \$29.95 (Hardcover)



Baking Cakes in Kigali

Author: Gaile Parkin
Publisher: McClelland & Stewart
Price: \$28.99 (Hardcover)



The End of the Long Summer

Author: Dianne Dumanoski
Publisher: Crown
Price: \$29.95 (Hardcover)

In this witty, wine-soaked debut memoir by Toronto author Kathryn Borel Jr., father and daughter connect through a passion one is obsessed with and the other knows nothing about. Philippe Borel has tried to share his vinous vigour with daughter

BookPicks

Kathryn, but his efforts have been lost on her. That's until an accidental death brings Kathryn to the realization ignorance of wine equates ignorance of her dad. Communicated through Borel Jr.'s brazenly honest voice, Corked follows the duo as it embarks on a rigorous wine tour through France, as frustrating as it is fulfilling, to discover wine, life and each other.

For Angel Tungaraza, cake is more than just a sweet concoction of flour, sugar and icing; it's an opportunity for her to help others and learn about herself. When she leaves Tanzania for Rwanda with her husband

Pius and their five orphaned grandchildren, Angel sets up shop as a cake baker, with no short supply of customers who want her tailored treats. Using 14 different cakes, Baking Cakes in Kigali introduces us to the characters behind each one, who use Angel as baker, matchmaker and counsellor while helping her find solace following the loss of her children.

Environmental journalist Dianne Dumanoski uses The End of the Long Summer to explain how, despite green movements and efforts to abate climate change, humans are unprepared to cope with significant environmental changes on planet Earth. Old social values perpetuated by government — including the constant pursuit of economic growth — must be adapted, she argues, if we have any shot at surviving global-scale climactic shifts. Using records of history and science, Dumanoski explores how we arrived at this juncture in human history and theorizes what people must do to weather the impending storm.

BRIAN COULTON/
FOR METRO CANADA

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Birthday boy

The Daily Mail reports that American Idol judge Simon Cowell marked his 50th birthday on the weekend surrounded by 400 guests at a party that cost \$1.5 million US. POPEATER.COM



This season, X-Weighted tackles families

IAN JOHNSTON
for Metro Canada



Paul Plakas has seen a lot of laziness in his 18 years as a personal trainer and TV fitness expert. But nothing quite prepared him for the families he helped out on the fourth season of the series X-Weighted.

"I've seen a few things that shocked me over the

years, but every once and awhile ... wow," says Plakas, from his Edmonton home. "There was this 15 or 16 year old girl who sent out something like a thousand text messages a month. She'd text message her mom in the kitchen to see if dinner was ready. And her mom enabled her by texting back."

That's just one example of the 13 families on board

for the fourth season of X-Weighted, which turns its focus from individuals to families and the epidemic of fat kids in this country.

According to Statistics Canada, there are three times as many overweight children in Canada as 25 years ago.

And while Plakas says things like stress and the rise of prepackaged foods have played a small role in

that increase, he places much of the blame on the parents.

"Mostly it's the parents fault their kids are overweight. It's the parents who ultimately allow it to happen and create the lifestyle. You don't find many fit kids living with fat parents."

The surprising thing that comes out of the new season of X-Weighted is the emotional toll that body

image has on kids — some of whom are as young as eleven.

Though ultimately, the families get back on the road to healthy living, it can be a rough journey to watch. "It's a tough season. It feels at times like an hour of crying. And when you see a kid distraught, it makes you distraught."

• X-Weighted: Families airs Thursday night on Slice.



Paul Plakas, fitness expert on the show X-Weighted.

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Kate Beckinsale has been named Esquire magazine's Sexiest Woman Alive. The Underworld star, 36, takes the crown from Halle Berry, who was named last year's top lady, femalefirst.co.uk reports. **METRO NEWS SERVICES**

Celebrity Buzz

Celebrity tweets

Katy Perry finds her inspiration for Halloween this year:

Karl Lagerfeld, who has some not-so-cheery thoughts about fashion, and Chris Brown loves his Mexican food.

• @katyperry just interviewed Karl Lagerfeld... he was so lovely. I think I'ma be him for halloween. Collar, boots, gloves and all. Twerk!

• @Karl_Lagerfeld Fashion's life is short. It's six months, six months, six months. It's not something you do for a great future.

• @MechanicalDummy qdoba mexican grill is so bomb

Jon plus cash, minus for Kate

OUCH The nasty war between Jon and Kate Gosselin just took its ugliest turn yet, people.com reports. According to Radar Online, Jon cleared out the couple's joint bank account, leaving his estranged wife with just \$1,000 US. Another account, set up for the Gosselin children, was untouched, Radar reports.

A

source familiar with the situation confirmed the details of the report to People, and said Kate plans to take legal action, adds the magazine. When initially reached for comment, a rep for Jon was unaware of the situation and had no comment. The allegation against Jon

caps an intensely bitter week between the couple, during which their TLC series Jon & Kate Plus Eight suspended production. The move followed the network's announcement on Sept. 29 that Jon was being dropped from the show, and him saying he wanted stop the show because it was damaging his children.

Speaking to CNN interviewer Larry King Thursday, Jon, 32, said he last spoke to Kate "3½ weeks ago," and that she wants to keep the show going "for financial reasons."

METRO WORLD NEWS

Beyonce's papa slapped with paternity suit

THANKS DAD Beyonce Knowles' father, Mathew Knowles, has been slapped with a paternity suit by a Los Angeles woman, according to TMZ.

Alexsandra Wright alleges that she is six months' pregnant with Mathew's child.

Femalefirst.co.uk reports top lawyer Neal Hersh is representing the woman. News of

the lawsuit broke just hours after Beyonce had picked up Billboard magazine's Woman of The Year Award in New York.

Mathew has been married to Beyonce's mom, Tina Knowles, since 1980.

He could not be reached for comment.

METRO WORLD NEWS

Stewart laments fame

BOO HOO Kristen Stewart admits that starring in the Twilight movies has ruined her personal life. "The only way for me not to have somebody know where I went the night before is

if I didn't go out at all. So that's what I'm trading," she tells Dennis Hopper in a piece for Interview magazine.

METRO WORLD NEWS

Cage sued for payback default

TIME TO PAY UP? Nicholas Cage is finding himself on the wrong end of a \$2 million US lawsuit, as East West Bank is suing the actor for breach of contract, according to TMZ.

The suit claims that the bank extended Cage a \$2 million line of credit in 2007, and that Cage agreed to a payment

plan of \$11,590 per month.

However, the bank claims the "National Treasure" star hasn't made a payment since April.

METRO WORLD NEWS



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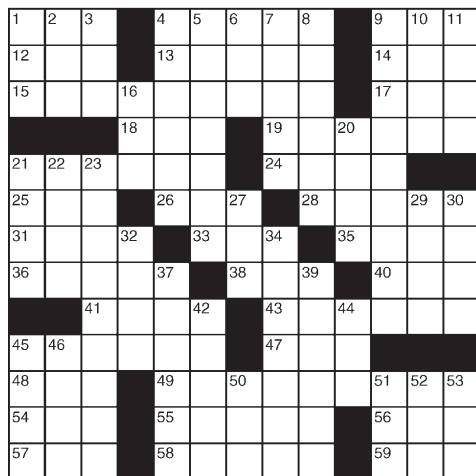

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For more delicious Metro recipes, visit: metronews.ca/food

Take Five



ACROSS

1 Slugger's tool
4 Avocation
9 Despondent
12 Work with
13 Swan Lake role
14 Weeding device
15 Wisconsin city
17 Away from WSW
18 Approvals
19 Hidden marksman
21 Societal levels
24 Engineering sch.
25 "Wha'dja say?"
26 Morning moisture
28 Considers
31 War god
33 Thanksgiving veggie
35 Let fall
36 Old hat
38 Talk on and on
40 Modern-day

evidence
41 Be on an angle
43 Arizona city
45 "Heavens!"
47 Jurist Lance
48 Possess
49 "Find the pea" con
54 Scarlet
55 Wear down
56 Visibility hindrance
57 "— Miniver"
58 Related to the moon
59 Pair

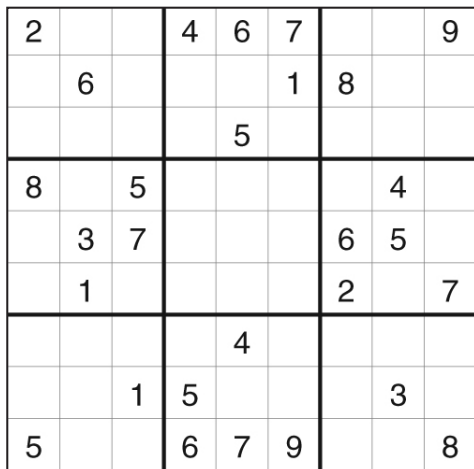
DOWN

1 Clear the tables
2 Blond shade
3 Golf prop
4 Addicted
5 Homeric work
6 Ginormous
7 Explosion
8 Had a longing (for)
9 Crèche figures
10 Top-rated
11 Antelope's playmate
16 Automaton, for short
20 On the rocks
21 Punch-ballot bit
22 Emanation
23 Small, stocky ponies
27 Witty one
29 Stereo alternative
30 Bridge
32 Crystal gazer
34 Waltzing girl of song
37 Maiden
39 Culprit in a trite whodunit
42 India's first prime minister
44 Gear tooth
45 Students' quarters
46 Basin accessory
50 A billion years
51 Toward the stern
52 Tend the lawn
53 Id counterpart

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

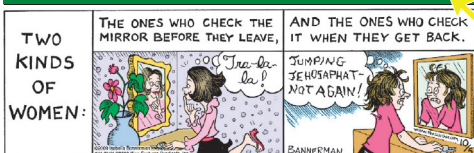


PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



7	2	6	1	3	5	8	9	4
3	9	1	7	8	4	2	5	6
4	5	8	2	9	6	1	3	7
8	6	2	9	5	7	4	1	3
9	3	4	8	6	1	5	7	2
5	1	7	3	4	2	6	8	9
2	8	5	6	7	3	9	4	1
6	4	3	5	1	9	7	2	8
1	7	9	4	2	8	3	6	5

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day



Beef Barley Stew

INGREDIENTS:

1-1/2 lbs (750 g) lean beef stew meat, cut into 1/2-in. (1 cm) cubes
1 medium onion, chopped
1 tbsp (15 ml) vegetable oil
3 cans (14 oz/398 ml) beef broth
1 cup (250 ml) medium pearl barley
1 tsp (5 ml) dried thyme
1/2 tsp (2 ml) dried marjoram
1/4 tsp (1 ml) dried rosemary, crushed
1/4 tsp (1 ml) pepper
4 medium carrots, sliced
2 tbsp (25 ml) chopped fresh parsley

METHOD:

1. In large pot or Dutch

oven, brown meat on all sides and onion in oil over medium-high heat. Add broth, barley and seasonings; bring to boil. Reduce heat; cover and simmer 1 hour.
2. Add carrots; bring to boil. Reduce heat; cover and simmer 30-40 minutes or until meat and carrots are tender. Add parsley just before serving.

SERVES 8

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.comFor Sally's expanded daily and weekend horoscopes, visit metronews.caARIES
MARCH 21-APRIL 20

There are times you enjoy doing things that are random and irregular and that's the mood you'll be in today. You'll have fun if you know when to stop.

LIBRA
SEPT 23-OCT 23

Upheavals are likely today but if you stay calm and focus on your long-term goals you will be strengthened rather than weakened by the day's events.

TAURUS
APRIL 21-MAY 21

You will be at your best today. You don't have to take risks but if you do they will pay off and you will gain a new awareness of what is possible in your life.

SCORPIO
OCT 24-NOV 22

Do something exciting today, something that sets your heart beating faster. Involve other people too: it's more fun when you share.

GEMINI
MAY 22-JUNE 21

You'll learn a lot about others today by observing how they react to events. If their initial reaction is panic, then you don't want them on your team.

SAGITTARIUS
NOV 23-DEC 21

Don't worry if others disapprove of what you're doing. Most likely it's a sign you're doing it right. You've never been the safe and dependable kind.

CANCER
JUNE 22-JULY 22

You'll likely enjoy the shocks and upheavals taking place around you over the next 24 hours. Others may be fearful, but to you it'll be one big joke.

CAPRICORN
DEC 22-JAN 20

You may be a class act but people will respond to you better today if you're a little bit outrageous in the things you say and do. Aim to go over the top.

LEO
JULY 23-AUG 23

Anyone who thinks you'll give in at the merest hint of pressure is clearly a bad judge of character; they'll learn it doesn't pay to try and hustle a Leo.

AQUARIUS
JAN 21-FEB 18

Move with the times today, or lose out to rivals who really are not in your league. There is no reason you shouldn't put your own interests first.

VIRGO
AUG 24-SEPT 22

Aim to do something today that shakes up friends, family and colleagues and reminds them you're not the type who can be taken for granted.

PISCES
FEB 19-MARCH 20

You'll do something crazy today and even those who know you will worry you may be losing your mind. But you know exactly what you are doing.

This day in history

1869: A strong hurricane devastates the Bay of Fundy region. The storm had been predicted over a year before by a British naval officer.
1944: Canadian Air Force pilots shoot down the first German jet fighter over France.
1968: Police baton civil rights demonstrators in Derry, Northern Ireland — considered to mark the beginning of The Troubles.
1970: In Montreal, British Trade Commissioner James Cross is kidnapped by members of the FLQ terrorist group.
1984: Marc Garneau becomes the first Canadian in space, aboard the Space Shuttle Challenger. METRO NEWS SERVICES

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